

After LA, London and New York, vegan fast food is catching up in Indian cities as well

▲ THE NEW FAD is...

MOCK MEAT / VEGAN FAST FOOD

Vegans all over the world are rooting for fast food where veggies are cooked so beautifully, you won't miss meat at all. Raveena Taurani, founder of Yogisattva, says, "Cauliflower or zucchini pizza base topped with organic veggies and cashew cheese is a popular lunch choice. So is Mexican rice and burrito bowls layered with vegan dips," she says. Burger, a quintessential junk meal, too, is going vegan.

TRUCK AHOY

The next time you are in New York, chase The Green Radish. Known for their banh mi sandwiches stuffed with grilled GMO-free tofu, this food truck's giving fast food a whole new meaning. Thegreenradish.com

"THE BURGER IS GOING MEAT- AND BUN-FREE— THE PATTY COMES STUFFED BETWEEN SALAD LEAVES!"

—RAVEENA TAURANI



▼ THE NEW MILK is...

NUT MILK / GRAIN MILK

Nut milk is passé. Now make way for milk pressed from grains like brown rice, sorghum, barley, foxtail millet and wheat—the new way of going dairy-free. "Grain milk is ideal for those with lactose intolerance. It is rich in sustained sugars, fibre and antioxidants, and is full-bodied, so it works perfectly as a base for thick smoothies and shakes," says chef Shonali Sabherwal, macrobiotic nutritionist and author of *The Beauty Diet* and *The Love Diet* (Penguin Random House). You can also use it to soak oats overnight, add it to your protein shake or blend it with ice and coffee powder for an iced latte.

THIS TOO

Sabherwal suggests you add leftover grain molasses to a savoury pancake batter with grated potato or knead it into chappati dough. It can also be added to breakfast porridge.



Grain milk is a lighter and healthier alternative to regular milk

◀ THE NEW MAIN COURSE is...

ZUCCHINI NOODLES / PULLED JACKFRUIT

Jackfruit is one vegetarian ingredient that barbeques as well as meat. "When raw jackfruit is slow-cooked (and shredded), its texture turns into something that resembles pulled pork and can be used as a meat substitute," says chef Saurabh Modi. Modi's Mumbai-based restaurant MasalaBar serves pulled jackfruit after cooking it with Indian spices in barbeque-style and stuffing it into burger buns. We wonder why it took chefs so long to discover this jack of all fruits.

TASTE TRAIL

For an India-inspired appetiser called pulled katha phulka tacos, head to Delhi's Indian Accent. Or get your umami fix at Mumbai's Woodside Inn with a vegan pulled jackfruit burger stuffed with coconut, cashews, purple yam crisps and raw mango salad.

ADD TO CART

Why just turn vegan? Up the ante by going gluten-free too.

Vanika Choudhary of Mumbai-based health bistro and juice bar Sequel shares four staples you must add to your pantry

WHOLE-GRAIN OAT FLOUR:

A good source of dietary fibre and a metabolism booster, certified gluten-free oat flour is an alternative flour to stock on. Use it in a cake batter, add it to pancakes or knead it into a base for quiches.

MACADAMIA NUTS:

A naturally gluten-free nut, macadamia can be added to cakes, cookies and salads for texture. Skip peanut butter and blitz it into nut butter for your morning toast.

ALTERNATIVE GRAIN PASTA OR NOODLES:

Pasta or noodles made of brown rice, red rice, black rice and quinoa will satisfy that carb craving. Instead of the usual sauces, toss them with baby kale pesto, creamy tahini sauce or one made with fresh heirloom tomatoes.

STONEGROUND BUCKWHEAT FLOUR:

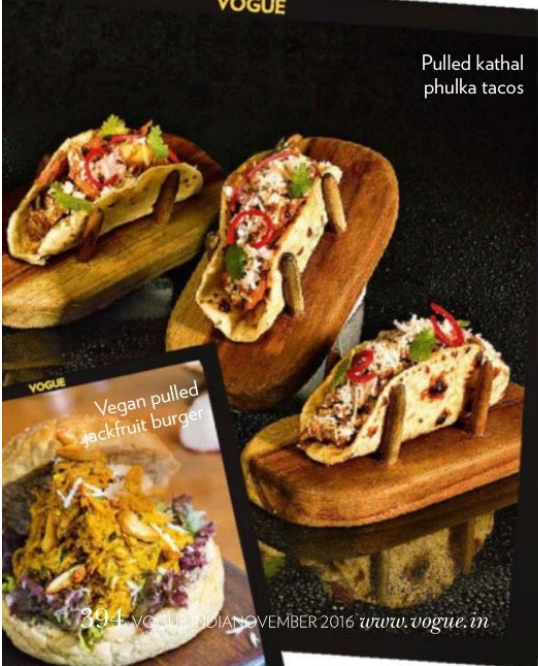
Pancakes and crepes need not be out of reach. Swap refined flour with buckwheat flour. Contrary to popular perception, buckwheat is a seed and not a grain, so it's a rich source of protein. Use it to add a nutty flavour to home-baked bread.



Add gluten-free flour to your diet by using it to make pasta dough or pancake batter

VOGUE

Pulled katha phulka tacos



Vegan pulled jackfruit burger